

YEAR 10 & 11 CORE PE

ENRICHMENT OPTIONS

TRAMPOLINING
FOOTBALL
BASKETBALL
VOLLEYBALL

AUTUMN TERM

SPORTS LEADER (YEAR 10)

ROUTE 1
BOX-FIT

ROUTE 2
TABLE TENNIS

ROUTE 3
DODGEBALL

SPRING OPTIONS

ROUTE 1 AEROBICS & CIRCUITS

ROUTE 2 VOLLEYBALL & BADMINTON

ROUTE 3 FOOTBALL & HOCKEY

SUMMER OPTIONS

ATHLETICS ROUNDBALLS

SOFTBALL CRICKET

TENNIS

GCSE PE

10

11

SCHOOL ASSESSED PRACTICAL ACTIVITIES

ATHLETICS
BADMINTON
TABLE TENNIS
TRAMPOLINING
NETBALL
FOOTBALL

THEORY - AUTUMN TERM

1. Physical, emotional and social health
2. Lifestyle choices
3. Impact of lifestyle choices
4. Sedentary lifestyles and consequences
5. Balanced diet and the role of nutrients
6. Dietary manipulation for sport
7. Optimum weight
8. Functions of the skeletal system
9. Classification of bones
10. Structure of the skeletal system
11. Location and roles of key voluntary muscles

COURSEWORK PREPARATION

- 3.1 Engagement patterns of different social groups
- 3.3 Ethical & socio-cultural issues
- 3.2 Commercialisation
- 3.5.5 PEDS

THEORY - SPRING TERM

1. Antagonistic muscles
2. Fast and slow twitch muscle fibres
3. Structure and function of the cardiovascular system
4. Arteries, capillaries and veins
5. Vascular shunting
6. Components of blood and their significance for physical activity
7. Respiratory system – composition of air; lung volumes
8. Location and roles of principal components of respiratory system
9. Structure and function of alveoli
10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise

PRACTICAL MODERATION & REVISION

THEORY - SUMMER TERM

1. Goal setting – SMART targets
2. Classification of skills
3. Forms of practice – theory and practical application
4. Types of guidance – theory and practical application
5. Mental preparation for performance; Types of feedback
6. Sports psychology – use of data

MAY/JUNE EXAMS